

The effects of the economic situation in the sporting habits of Spanish adult population: Gender differences



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Based on Theories of Difference

This study analyses the possible changes and gender differences in the sporting habits of the Spanish adults

Women and Men: Different sporting worlds (EC, 2011)

Women and men do not have the same degree of enthusiasm for sport, do not engage in the same activities, do not do sport in the same settings and do not have the same motivations. Like other individual attributes, gender considerably influences people's involvement in physical activities or sport



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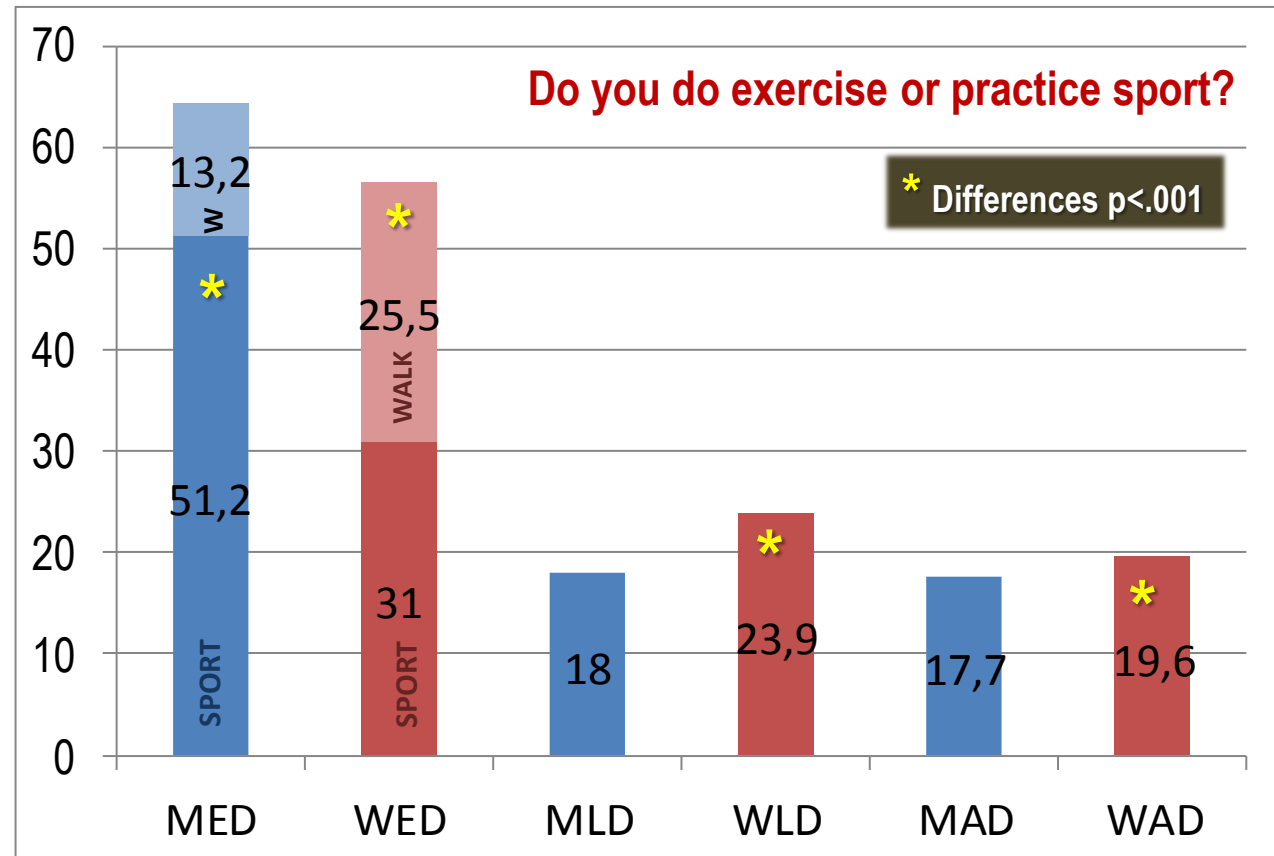
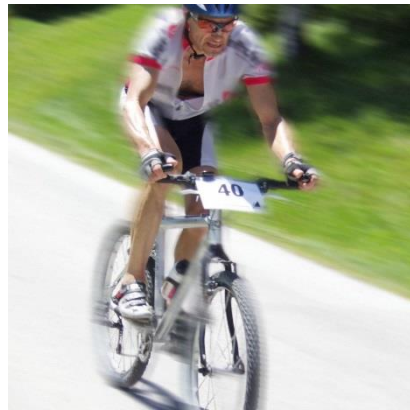
The methodology has consisted of face to face interviews with a representative sample of the Spanish adult population between 30 and 64 years old ($n=3.463$, 1.739 women ($44,5 \pm 9,6$), 1.739 men ($46.6 \pm 9,7$), randomly selected using multistage sampling.

The participants completed a questionnaire which included questions related to activity practiced, way of organization, space and price, as well as answering questions on demographic and occupational variables and type of demand for physical activity.

The field work was carried out between 2012 and 2013.



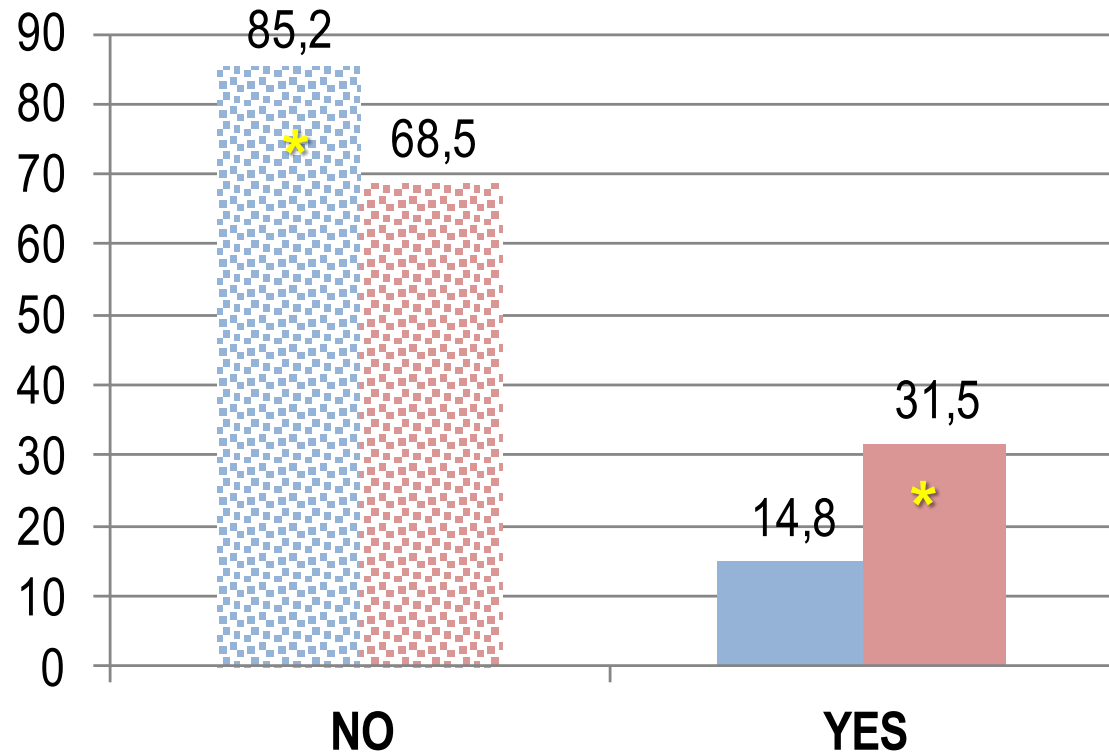
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There are significant gender differences in the type of demand ($\chi(3)=170.08$; $p < .001$; $CC=.216$)
 More men (51.2%) than women (31%) practice sport. More women (25.5%) than men walks for exercise.
 But there were more women (23.9%) than men (18%) who did not practice but they would like to do so.

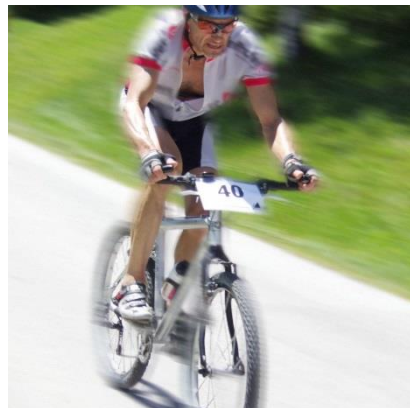


Do you practice under professional guidance?

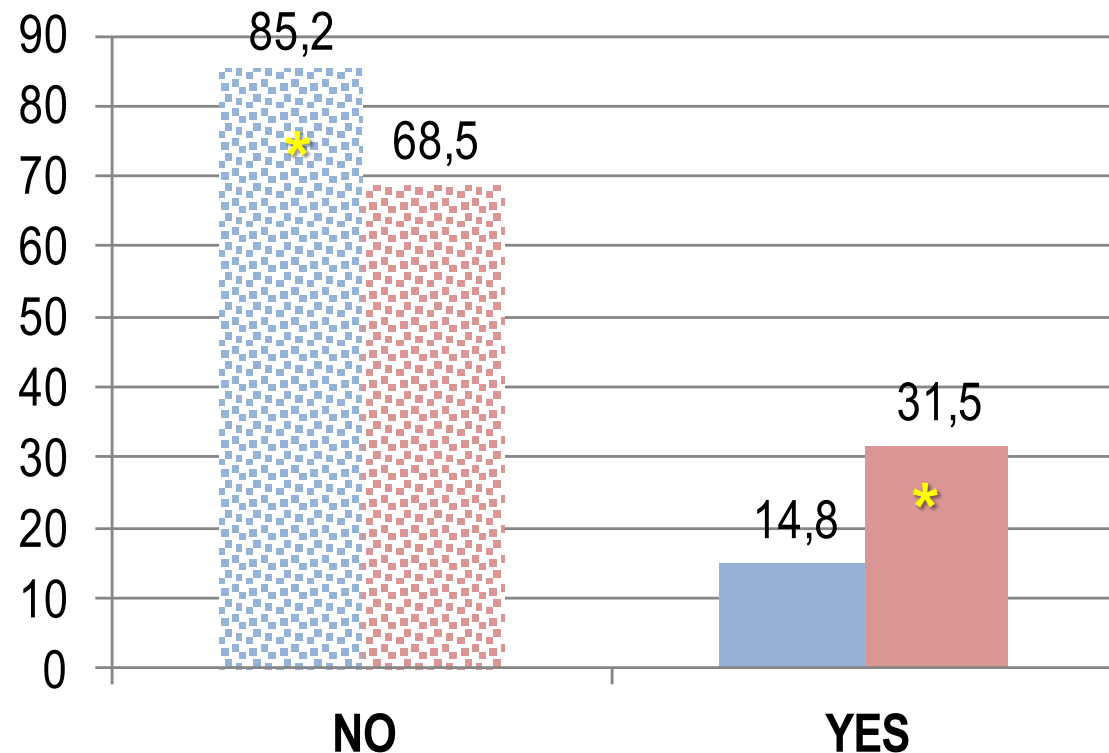


There are significant differences in the monthly physical activity expenses ($t_{2.071}=2$ $p=.045$; $d=.09$).

Women spend more (11.36€ \pm SD) than men (9.52€ \pm SD)



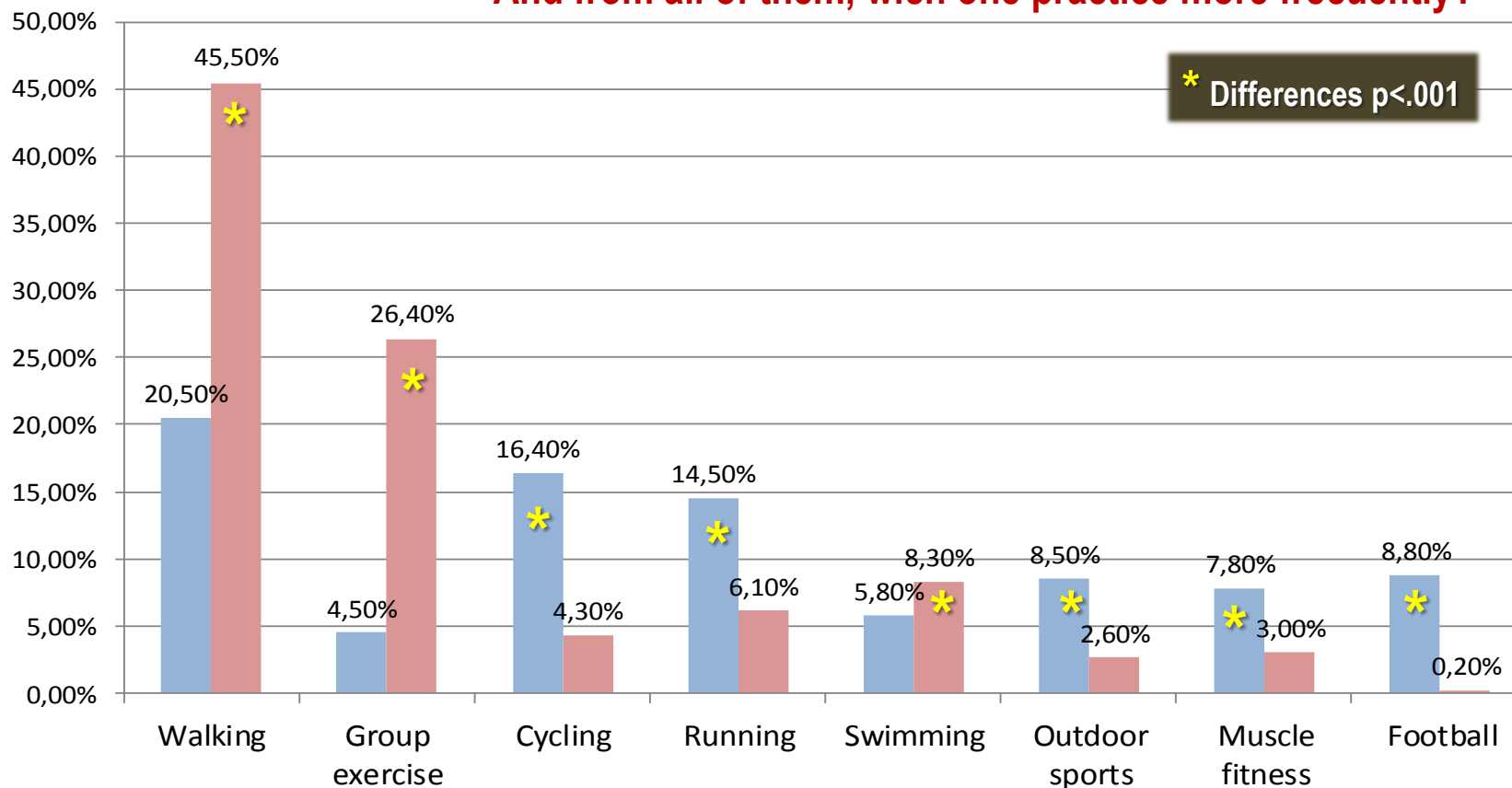
Do you practice under professional guidance?



There are significant gender differences in the way of organization ($\chi^2(5)=82.3$; $p<.001$; $\Phi=.200$)

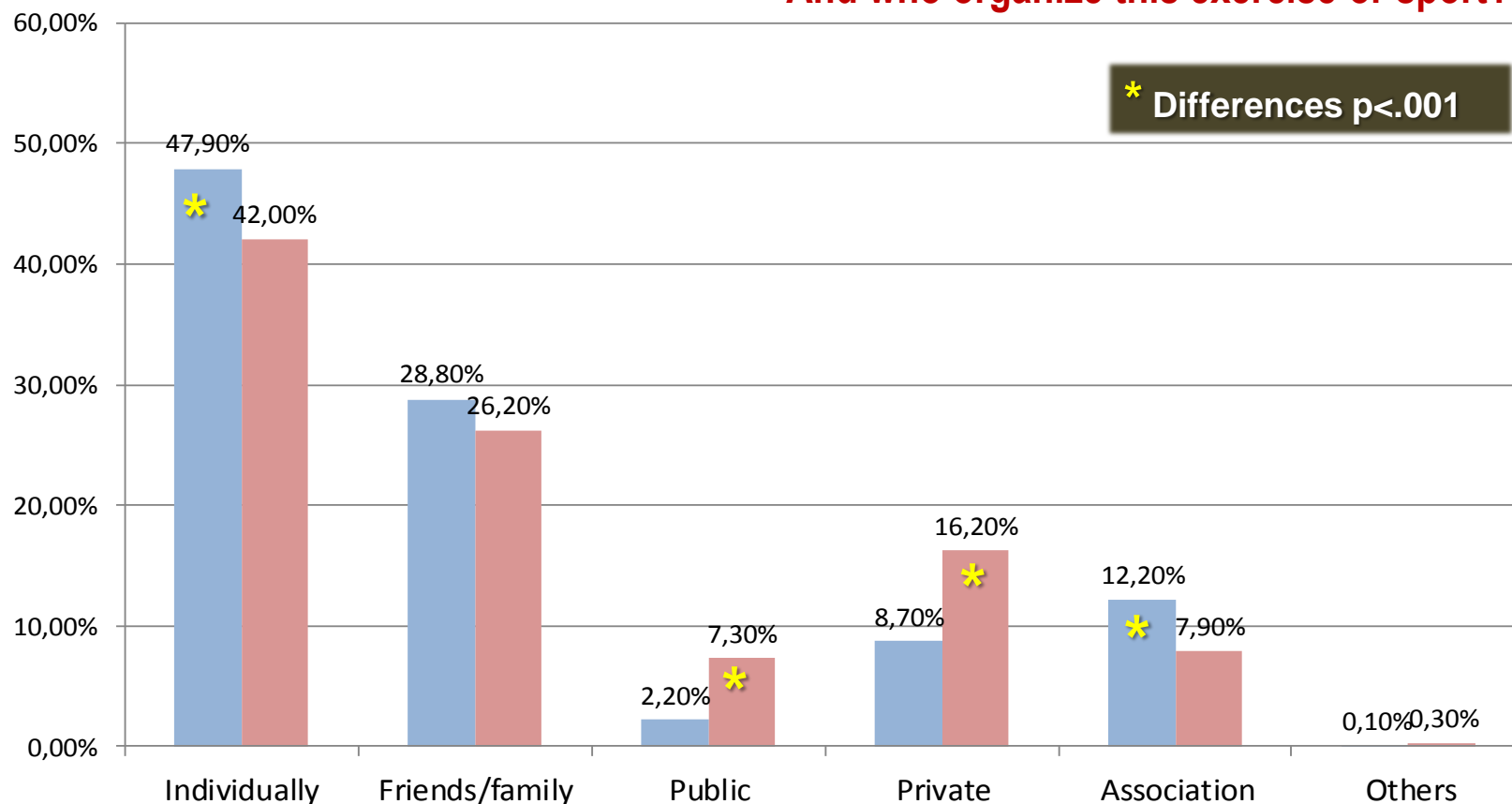
Probably due to financial restrictions related to the economic climate, there was an increase of the autonomous practice in men (from 72.3% to 85.2%), but more in adult women (from 36.1% to 68.5%). There was an important decline of adult women who practice under professional guidance (from 53.5% to 31.6%)

And what exercise or sports practice?
And from all of them, wich one practice more frecuently?



There are significant differences in all the practiced activities ($\chi^2(13)=567.8$; $p<.001$; $CC=.463$)
MEN: More intense and competitive activities / WOMEN: More fitness & wellness activities and walking
-Women who practice Fitness group exercise (54.7%-26.4%) and Swimming (36.8%- 8.8%)

And who organize this exercise or sport?

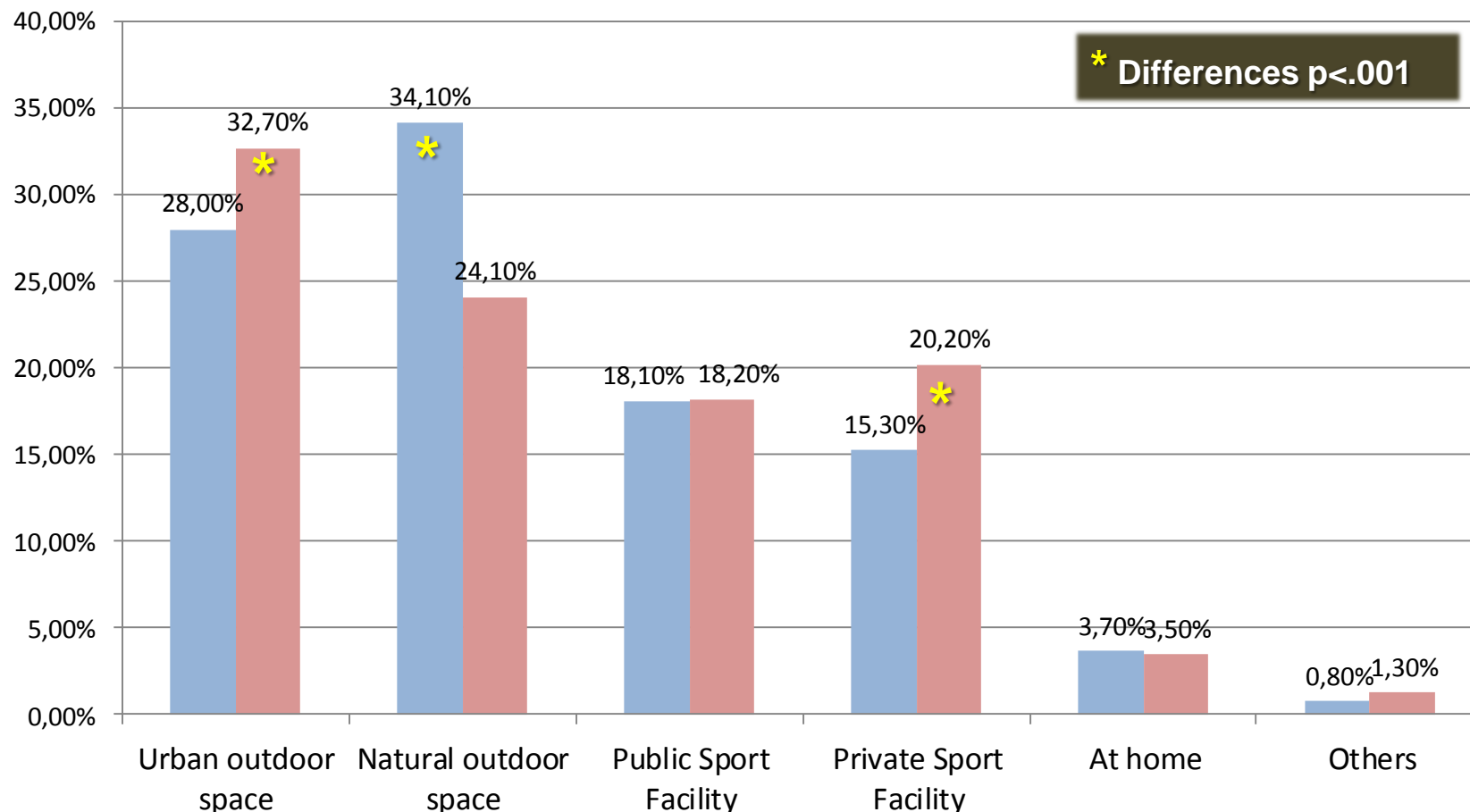


There are significant gender differences in the type of organization ($\chi^2(5)=68.7$; $p < .001$; $CC=.179$) .

MEN: Autonomous / WOMEN: Private and public organizations

but, there was a decline of women who practice an activity offered by a sport organization (63.9%-31.5%).

And where do you practice this exercise or sport?



There are significant gender differences in the space chosen ($\chi^2(5)=29.8$; $p < .001$; $CC=.119$)

MEN: Natural Outdoor space / WOMEN: Private Sport Facility and Urban outdoor spaces



Women and Men: 2 Different sporting worlds (EC, 2011)

The results revealed gender differences in the activities practiced, in the space chosen, in the way and type of organization, as well as, in the monthly PA expenses

But in Spain, during the current economic situation, the autonomous practice majority in both sexes

Probably due to financial restrictions related to the economic climate **there was an increase of the autonomous outdoor practice in men** (from 72.3% to 85.2%), **but more in adult women** (from 36.1% to 68.5%). Activities such as walking (women), running or cycling (men) are cheaper and allow to Spanish adults to reconcile their lack of time with the need to exercise.

There was an important decline of women who practice under professional guidance (from 53.5% to 31.6%) **an activity offered by a sport organization** (from 63.9% to 31.5%), **mainly Fitness group exercise** (from 54.7% to 26.4%) **and Swimming** (from 36.8% to 8.8%)

